

## AEROBIC STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cross Fit \$ 600-700am Tim	Cross Fit \$ 600-700am Tim	Cross Fit \$ 600-700am Tim	Cross Fit \$ 600-700am Tim	Boot Camp 600-700am Kacey		
	Boot Camp 600-700am Amy		Step 815-900am Rosario			
Ball 715-815am Terry	Step 815-900am Rosario	*Sculpt & Stretch 715-815am Terry	Sculpting 905-1000am Kristen B	*Sculpt & Stretch 715-815am Sonia		
Butts & Guts 845-915 Caroline	Sculpting 905-1000am Kristen B	Butts & Guts 845-915am Dana B	Skate Fitness 900-1000am Ice	*Pilates 830-925am Franchesca	Step 915-1015am Blythe/Cindy/ Peggy	Step 900-1000am Cindy/ Peggy/Wendy
Step 925-1030am Kathy	Skate Fitness 900-1000am Ice	CardioPump 925-1030am Dana B	Sculpt/YPump 1005-1100am Maggi	Advanced Step 930-1030am Cindy/Paige	<b>PreNatal Exercise 1100-1150 Jaala</b>	Sculpt/YPump 1005-1105am Peggy/Wendy Sharry/Teresa
*SilverSneakers® Cardio Circuit 1100-1145am Denise	Cardio/Sculpt 1005-1100am Caroline	*Senior Stretch 1100-1145 Dana B	*SilverSneakers® Cardio Circuit 1110-1155am Terry/Sharry	500 Cal 900-1000am Gym/Field Caroline		*Caribbean Cardio 1130-1230pm Sonia
<b>*Total Body Workout 1200-100pm Sonia</b>	*SilverSneaker® Strength 1110-1155am Theresa/Dana D	<b>*Total Body Workout 1200-100pm Sonia</b>	Cardio Strength 430-525pm Wendy	SilverSneakers® Strength 1100-1145am Sonia		Cross Fit \$ 200-300 Tim
<b>Cross Fi t\$ 430-530 Tim</b>	Step & Sculpt 430-525pm Cindy			<b>Cross Fit \$ 430-530 Tim</b>		
<b>*Cardio Strength 530-625pm Wendy</b>	<b>Zumba 530-625pm All Levels Helene</b>		Sport Conditioning 530-630pm Bobby-Field/Gym	YPump Circuit 530-630pm Blythe		
<b>Yoga 630-745pm Carmen</b>	Sport Conditioning 530-630pm Bobby- Field/Gym	YPump Circuit 600-710 Blythe	Kickboxing 630-730pm Teresa & Brad			
	Kickboxing 630-730pm Teresa & Brad	Karate \$ 715-830pm	<b>Cross Fit \$ 735-835 Tim</b>	Karate \$ 715-830pm		

**\*New to exercise or just starting back? Check out these classes!**  
**\$ Denotes fee and registration prior to attending. See the Y Program Guide for descriptions and dates**

Schedule subject to change at anytime [www.ymcabv.org](http://www.ymcabv.org)  
 Classes must maintain 5 participants minimum to remain on the schedule.

Updated: 3/4/08

**YMCA of Boulder Valley – Arapahoe Center (303)664-5455**

Child Watch hours: M-Th 8:00am-7:30pm, Fri. 8:00am-1:30pm, Sat. 8:00am-12:00pm, Sun. closed

## WELLNESS CLASS DESCRIPTIONS

CLASS	TIME	DAY(S)	LEVEL	DESCRIPTION
ADVANCED STEP	925-1030am	F	Adv.	<b>CINDY/PAIGE</b> teach a higher level cardiovascular and strength class designed to challenge you through fast paced choreography and power moves.
BALL	715-815am	M	All	<b>TERRY</b> will teach strength and balance exercises using the ball. All muscle groups will be worked with major emphasis on the core (abs and back).
BOOT CAMP 500 CAL	600-655am 900-1000am	T/F F	Int./Adv.	<b>KACEY/AMY</b> will get you moving with this fast pace cardio class. She will take you through intervals in a challenging way that will leave you feeling "pumped" and tone. <b>CAROLINE</b> will lead you in this boot camp style class with the primary goal of burning 500 calories!
BUTTS & GUTS	845-915am	MW	All	<b>DANA B &amp; CAROLINE</b> provide different variations of abdominal & gluteal exercises keep this workout challenging
TOTAL BODY WORKOUT	1200-100pm	MW	Beg	<b>SONIA</b> offers a combo class of low impact aerobics, basic step and strength training using weights, balls and bands. No two classes are alike! Participants are encouraged to participate in all or a portion of the class depending on their level of fitness.
CARIBBEAN CARDIO	1130-1230pm	S	All	Join <b>SONIA</b> for this spicy workout with a latin beat that will get you moving and having fun!
CARDIO PUMP	925-1030am	W	All	<b>DANA B</b> takes you through intense intervals and strength training with YPump equipment.
CARDIO STRENGTH	515-625pm 430-525pm	M/Th	All Levels	<b>WENDY</b> will help you work up a sweat and burn calories with this cardio workout followed by a great strength and conditioning segment and finally ending with stretching.
KICKBOXING	630-730pm	Tu/Th	All	<b>TERESA &amp; BRAD</b> will whip you into shape with martial arts and boxing moves to increase your strength, balance, and coordination.
PILATES	830-925am	F	All Levels	<b>FRANCHESCHA</b> teach a series of exercises lying on a mat to promote core strength, flexibility, good posture, and improved body awareness.
SCULPT & STRETCH SCULPTING	715-815am 905-1000am	W/F Tu/Th	All All	<b>TERRY/SONIA/CAROLINE/MAGGI/KRISTEN B</b> will help you tone up those muscles and increase your metabolism in this full hour resistance training class. Arms, legs, glutes, abs and more will be worked using stability balls, weights, bands and body bars.
SENIOR STRETCH	1100-1145am	W	Senior (Beg-Mod)	<b>DANA B</b> offers a stretch and balance class utilizing a chair, stability ball and light bar. Improve your flexibility and balance in a relaxing environment.
SILVERSNEAKERS® CARDIO	1105-1145am	M/Th	Senior (Fit)	<b>TERRY/DENISE/SHARRY</b> teach an aerobic workout with a chair used for seated and/or standing support. Basic rhythmic steps & resistance tools give a safe & fun workout.
SILVERSNEAKERS® STRENGTH	1100-1145am	T/F	Senior	<b>THERESA/DANA D AND SONIA</b> will teach you exercises to increase muscular strength, range of movement, and skills for daily living. Resistance tools are used & a chair is used for support.
SKATE FITNESS	900-1000am	T/Th	All	<b>CHRISTIE</b> teaches this class to whip you into shape while on the <u>ice</u> . Must be able to skate forward and backward.
SPORT CONDITIONING	530-630pm	T/Th	Int./Adv.	<b>BOBBY</b> will coach you on plyometrics, agility, strength & cardio conditioning to help you enhance your performance on the slope, field, court, or wherever you play.
STEP/CARDIO PUMP	925-1030am 815-900 900-1000am	M/W T/Th S/Su	Int./Adv.	<b>KATHY//CINDY/BETH/BLYTHE/PEGGY/DANAB and ROSARIO</b> teach a great cardiovascular workout utilizing combinations of different moves on a platform. (Sat. class starts at 915)
STEP & SCULPT	430-525pm	T	Int./Adv.	<b>CINDY</b> offers a fun-filled cardio and strength workout using steps, weights, and abdominal and flexibility conditioning. Leave this class feeling great!
YOGA	630-745pm	M	Level II	<b>CARMEN</b> will guide you through a practice that aligns, strengthens and stretches the whole body. Improve your posture, balance, flexibility, mindfulness and energy level through asanas.
ZUMBA	530-625pm	T	All Levels	<b>HELENE</b> teaches this unique Latin inspired cardio workout.